

## CLAIMS

- 1        A warming device of sheet form comprising a heat generating molded article prepared by papermaking and containing an oxidizable metal, a moisture retaining agent, and a fibrous material and an air permeable holder holding the heat generating  
5        sheet, the warming device having a thickness of 0.1 to 10 mm and a flexural strength of 0.01 to 0.3 N/cm.
2.        The warming device of sheet form according to claim 1, wherein the molded sheet has a thickness of 0.1 to 2.0 mm.
3.        The warming device of sheet form according to claim 1, wherein the fibrous  
10        material has a CSF of 600 ml or less.
4.        The warming device of sheet form according to claim 1, wherein the molded sheet contains 50% by weight or more of the components other than the fibrous material.
5.        The warming device of sheet form according to claim 1, wherein the holder  
15        comprises an air permeable sheet and an air impermeable sheet joined together and has a surfacing member disposed on the outer surface of each of the air permeable sheet and the air impermeable sheet.
6.        The warming device of sheet form according to claim 1, wherein the surfacing member on the air impermeable sheet retains a functional preparation.
7.        A warming device of sheet form comprising a heat generating molded article prepared by papermaking and containing an oxidizable metal, a moisture retaining agent, and a fibrous material and an air permeable holder holding the heat generating  
20        sheet, the warming device further comprising a non-liquid retentive, heat insulating sheet disposed in the holder.
8.        The warming device of sheet form according to claim 7, which has a thickness  
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of 1 to 30 mm and a flexural strength of 0.01 to 1.0 N/cm.

9. The warming device of sheet form according to claim 7, wherein the holder is partly formed of an air permeable sheet, and the heat insulating sheet is not disposed between the air permeable sheet and the molded sheet.

5 10. A warming device comprising a heat generating molded sheet prepared by papermaking and containing an oxidizable metal, a moisture retaining agent, and a fibrous material and an air permeable holder holding the molded sheet,  
the holder being partly formed of an air permeable sheet,  
there being no heat insulating sheet between the air permeable sheet and the  
10 molded sheet, and  
the warming device having a flexural strength of 0.01 to 1.0 N/cm.

11. The warming device of sheet form according to claim 10, having a thickness of 1 to 30 mm.

12. A heat generating molded article of sheet form comprising a heat generating  
15 sheet containing an oxidizable metal, a moisture retaining agent, and a fibrous material and an air permeable sheet or an air impermeable sheet disposed on one or both sides of the heat generating sheet, the heat generating sheet having a breaking length of 100 to 4000 m, and the heat generating molded article having a large number of projections and depressions formed on a side thereof by embossing.

20 13. The heat generating molded article of sheet form according to claim 12, wherein a level difference between the projection and the depression is 0.3 to 5 mm.

14. The heat generating molded article of sheet form according to claim 12, wherein the heat generating sheet contains 50% by weight or more of the components other than the fibrous material.

25 15. The heat generating molded article of sheet form according to claim 12, wherein the fibrous material has a CSF of 600 ml or less.

16. The heat generating molded article of sheet form according to claim 12, wherein the air permeable sheet is paper, nonwoven fabric or a porous sheet.

5 17. A heat generating sheet comprising a molded article of sheet form and having a large number of projections and depressions formed on a surface thereof by embossing, the molded article of sheet form containing an oxidizable metal, a moisture retaining agent, and a fibrous material and having a breaking length of 100 to 4000 m.

18. The heat generating sheet according to claim 17, wherein the level difference between the projection and the depression is 0.3 to 5 mm.

10 19. The heat generating sheet according to claim 17, comprising at least two the molded articles of sheet form stacked on each other.

20. A heat generating sheet comprising a molded article of sheet form containing an oxidizable metal, a moisture retaining agent, and a fibrous material and having a large number of holes or cuts.

15 21. The heat generating sheet according to claim 20, further comprising a second molded article of sheet form containing an oxidizable metal, a moisture retaining agent, and a fibrous material and having neither holes nor cuts, the second molded article being disposed on a side of the molded article having the holes or cuts.

22. The heat generating sheet according to claim 20, having projections and depressions formed on a side thereof.

20 23. The heat generating sheet according to claim 20, having an air permeance of 0.1 to 8 s/(6.4 cm<sup>2</sup>·300 ml) per 100 g/m<sup>2</sup>.